



UNIVERSITY OF  
FLORIDA

IFAS EXTENSION



# Consumer Highlights



SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

## March 2005

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## National Nutrition Month® 2005 Quiz

- According to consumer research, which factor tops nutrition as the number one reason why consumers buy one food over another?
  - Packaging
  - Preparation time
  - Taste
  - Cost
- In addition to walnuts, which of the following is another rich source of omega-3 fatty acids?
  - Peanuts
  - Flaxseed
  - Apple
  - Broccoli
- With thousands of food items to choose from in the supermarket, most Americans regularly consume a wide variety of foods. True or False?
- Which of the following foods has the least amount of calories per serving?
  - 1 medium apple
  - 1 slice bread
  - 1 ounce cheddar cheese
  - 4 large California ripe olives
- How many servings of whole-grain foods should people consume daily?
  - 2
  - 3
  - 4
  - 5
- Beans such as pinto and kidney beans, split peas and lentils count as a serving of which food group in the Food Guide Pyramid?

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500  
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- a. Grains                      c. Vegetable  
b. Meat                        d. Meat or Vegetable
7. Thirty minutes of moderate physical activity most days of the week can help prevent and control Type 2 diabetes. True or False?
  8. Americans tend to underestimate the amount of food they eat by what percent?
    - a. 25%                      c. 50%
    - b. 40%                      d. 75%
  9. Vegetarian diets are not appropriate for children. True or False?
  10. Excess carbohydrates, not fats cause weight gain. True or False?
  11. Eating a colorful variety of fruits and vegetables (red, yellow/orange, white, green and blue/purple) ensures you are getting a wide range of vitamins, minerals and phytochemicals to stay healthy and fit. True or False?
  12. Washing with anti-bacterial soaps before preparing food is better than washing with regular soap and water. True or False?

### The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets  
USE SPARINGLY

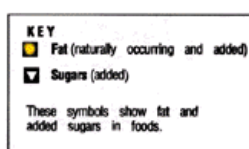
Milk, Yogurt,  
& Cheese  
Group  
2-3 SERVINGS

Vegetable  
Group  
3-5 SERVINGS

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS

Fruit  
Group  
2-4 SERVINGS

Bread, Cereal,  
Rice, & Pasta  
Group  
6-11 SERVINGS



## Get A Taste For Nutrition

The National Nutrition Month campaign reinforces the importance of nutrition as a key component of good health, along with physical activity.

*Be adventurous and expand your horizons.* Variety is the “spice of life” in your food choices and is key to good nutrition and health. Choose foods based on flavor, texture and colors that are tasty and healthy. Explore the wide world of nutrition by trying a variety of foods.

*Treat your taste buds.* You decide how much and how often. Choose foods sensibly by looking at the big picture; it's what you eat over several days, not just one meal or day that counts. So enjoy all your favorite foods, just try eating them in moderate amounts.

*Maintain a healthy weight.* Managing your weight plays a vital role in achieving and maintaining good health and quality of life. Carrying excess weight may put you at greater risk for health problems. The good news is that healthy eating and regular physical activity make it easier to achieve lifelong weight management and long-term health!

*Balance food choices with your lifestyle.* Choosing the right balance of foods helps you get the right combination of nutrients. So balance your food choices with your physical activities to achieve and maintain a healthy weight and lifestyle.

*Be active.* Be creative and enjoy a variety of ways to stay active to feel your best. There's no need for expensive equipment or complicated fitness programs. Start by making a list of physical activities that fit into your lifestyle and schedule one every day.

American Dietetic Association

## Be A Wise Healthcare Consumer and Save

It's time to educate yourself about personal health issues.

Healthcare costs are rising. Unfortunately, it's not something you can usually cut from your budget. But how many times have you gone to see your healthcare provider about an ailment only to learn it's nothing? Or worse, how many times have you gone to see your healthcare provider about an unresolved issue and gotten nowhere? Either way, you're spending money, out of pocket or in co-pays. One thing you can do to help reduce these costs is to educate yourself about personal health issues. By becoming a wise healthcare consumer, you can reduce unnecessary health care visits, improve communication with your health care provider, and make fully informed decisions about treatment. This all leads to less spending on personal healthcare and the beneficial side effect of better care for you and your family.

Since healthcare isn't free, how about getting reliable health information for free? You're in luck. You don't have to spend money on medical school tuition to educate yourself. There are a variety of health-related resources you can use and they're all available to the public at no cost.

**1. Hospital or health center libraries.** If there is a local community hospital or health center that you use, check to see if it has a medical library. Medical libraries are usually open to patients and their family members. Many of these libraries have collections of books as well as pamphlets or handouts on a variety of health-related topics.

**2. Public libraries.** You don't have to go to a special medical library to find good health information. Most public libraries have started consumer health sections because more and more

people want the information. The section may include books, videotapes, audiotapes, and magazines. Public libraries may also have two other useful resources. First, libraries sometimes hold talks or lectures for the community. Check to see if any of the scheduled talks are health-related.

**3. Reliable websites.** To make sure that you're getting the best health information you can get on the Web, ask yourself some questions when looking at sites.

Who owns and runs the site? Is it a commercial organization trying to sell you something or is it a reliable professional organization or health system? (You'll note that government website addresses end in .gov and nonprofits end in .org). When was the website last updated? Is the information current or over five years old? Who is the audience? Is it meant for the average person or for health care professionals? Is the information accurate? Is it based on facts or opinion? Are references listed?

Good places to start looking for health information on the Web are government sources. You can search the following sites and the first two will display a collection of information from many sources.

- MedlinePlus ([www.medlineplus.gov](http://www.medlineplus.gov))
- Healthfinder ([www.healthfinder.gov](http://www.healthfinder.gov))
- Food and Drug Administration ([www.fda.gov](http://www.fda.gov))

Another way to find reliable health information on the Web is to go directly to voluntary organization websites. There is an association for just about every health issue you can imagine. Below are just a few examples. You can certainly find others by using a good search engine or even the phone book. Many organizations have local offices where you may be able to get more information and tap into local resources and support groups.

- American Heart Association  
([www.americanheart.org](http://www.americanheart.org))
- American Cancer Society ([www.cancer.org](http://www.cancer.org))
- American Diabetes Association  
([www.diabetes.org](http://www.diabetes.org))
- National Mental Health Association  
([www.nmha.org](http://www.nmha.org))

While you're on the Web, be on the look out for ways to get more information when you are not on the Web. For example, you may see that many organizations have toll-free numbers you can call for more information or for counseling. You can sometimes call and order single copies of health-related books or pamphlets for free.

Once you get going, you'll see how much information is out there. Just make sure it is safe and accurate. When it comes to you and your family's health, you don't have to settle. Obviously, saving money is not more important than your health. But, you can become active in your own healthcare, educate yourself, and avoid those unnecessary costs.

Dollar Stretcher Newsletter  
Vol. 10. No. 7

## Answers To National Month® 2005 Quiz

1. The answer is **c**. Taste is actually a bigger nutrition issue than we realize. The foods we enjoy are likely the ones we eat most often and there are social, emotional and physical reasons why we prefer certain foods. Therefore, the more these foods are eaten, the more nutritional impact they have on our overall health. Taste plus smell (aroma) and touch (temperature and mouth feel) make up flavor and flavor is a priority for food choices. To get the most flavor from foods and enhance nutrient intake: eat foods when they're at their peak

of freshness; stimulate taste buds by including a variety of foods with different flavors—sweet, sour, bitter and salty—a single meal; and chew food well to release taste and aroma.

2. The answer is **b**. Flaxseed, also known as linseed, is derived from the flax plant, an annual herb believed to have originated in Egypt. Flaxseed and flaxseed oil are rich in heart-healthy omega-3 fatty acids. Flaxseed also contains a group of chemicals called lignans, which may have anti-cancer properties. You can purchase flaxseed whole or milled. Whole seeds cannot be digested. For a pleasant nutty taste, add milled flaxseed to salads, cereals, smoothies, juices or yogurt. When baking, as a general rule, reduce the amount of flour by 1/2 to 3/4 cup, and add 1/2 to 3/4 cup loosely packed ground flaxseed. To replace fat in most recipes, use 3 tablespoons milled flaxseed in place of 1 tablespoon fat or oil.
3. The answer is **False**. Actually, most people are in a food rut, routinely planning their meals around the same 10 to 15 core foods. Variety is key to good nutrition and health, so expand your range of food choices. Look for new food items throughout the supermarket and try on new food each week. Take advantage of in-store samples to "taste test" a new food. Visit your local farmer's market and try new varieties of fruits and vegetables. Check cookbooks or cooking magazines for recipes that prepare favorite foods in new ways.
4. The answer is **d**. Four large California ripe olives contain 24 calories and 2.5 grams of fat. Although olives are fruits and naturally cholesterol free, they are not counted as a fruit serving in the Food Guide Pyramid because they are mainly fat. The good news is that olives contain healthy

monosaturated fat that adds great flavor to dishes. California is the only source of U.S.-grown ripe olives. Refrigerate unused olives for up to 10 days in their original can with brine; cover the can with plastic wrap.

5. The answer is **b**. Three of the 6 to 11 daily grain group servings should be whole grains, such as whole wheat bread or pasta, oats, barley, brown rice, whole-grain cereal or cornmeal. Whole-grain products are made from the entire grain kernel with nothing removed. They are low in fat and rich in fiber, antioxidant nutrients (such as vitamin E), minerals (such as selenium), and disease-fighting phytonutrients. Those following a low-carb diet miss out on these important health benefits.
6. The answer is **d**. Beans, split peas, and lentils can be counted as a meat or vegetable serving. Due to their high protein content, a 1/2 cup serving is equivalent to one ounce of meat. When counted as a vegetable, one serving is 1/2 cup cooked beans. Dried beans (such as, soybeans, pinto, black and kidney beans), split peas, and lentils are a staple in Greek, Mediterranean and vegetarian diets. In addition to protein, they are also good sources of fiber, iron, calcium, zinc and B vitamins.
7. The answer is **True**. There are many ways to add activity to your life, even if you start with 10 minutes at a time. Get moving—make physical activity part of your daily routine. Park your car further away from an entrance, take the stairs instead of the escalator or elevator, or take up a dance class like salsa. Children need 60 minutes of physical activity daily. Physical activity coupled with a healthy diet can prevent and control chronic illnesses, such as diabetes and heart disease.
8. The answer is **c**. Many people have no idea what constitutes a sensible serving size. Today's super sizing trend promotes the "eat until you feel studded" mentality. The result is decreased attention to hunger cues and the inability to regulate how much to eat. Eat sensible portions by sharing an entrée or dessert with a friend, checking product labels to judge a serving (many items sold as single portions actually provide 2 helpings or more, such as a 3-ounce bag of chips or a 20-ounce soda) or using smaller plates, bowls and cups so less looks like more on your plate.
9. The answer is **False**. Generally, vegetarian diets that include dairy products and eggs (lacto-ovo vegetarian) can meet the needs of a growing child if the recommended food group portions outlined in the Food Guide Pyramid are consumed. Parents of a strict vegetarian or vegan child, whose choices are restricted solely to plant-based foods, should consult a doctor or a registered dietitian to make sure they are getting enough calories and important nutrients, including vitamin B12, iron, zinc and calcium needed for growth and development.
10. The answer is **False**. When combined with a sedentary lifestyle, excess calories from any source, whether carbohydrates, fats or proteins, cause weight gain. Despite claims of "low-carb" weight loss regimens, a high carbohydrate diet doesn't promote body fat storage by enhancing insulin resistance. Excess calories from any source are stored as fat.
11. The answer is **True**. Researchers have just begun to uncover the benefits of the pigment-related phyto(plant)-nutrients found in fruits and vegetables. For example, recent studies show that adding blue/purple fruits and vegetables (such as

blueberries, dried or fresh plums, concord grape juice, purple cabbage, eggplant) to your low-fat diet may help maintain memory function, healthy aging, urinary tract health and lower risk of some cancers.

12. The answer is **False**. Washing your hands for 20 seconds (sing two choruses of "Happy Birthday" while you lather) with any type of soap in warm water is effective in reducing bacteria. There is no scientific evidence that using anti-bacterial soaps versus ordinary soap reduces the incidence of any disease. Always wash your hands front and back and up to your wrists, between fingers and under fingernails. Dry your hands with disposable paper towels or clean towels. Never forget to wash your hands after switching tasks, such as handling raw meat and then cutting vegetables. Also, it is important to wash hands after taking out garbage, sneezing or petting your dog or cat.

2005 American Dietetic Association  
February 2005

## Fitness For The Soul

"Practice Makes Perfect: is an adage we have heard many times. Now here is the question, Are you practicing what you want to become?"

If you are in the habit of being uptight whenever life isn't quite right, always being right, or acting like life is an emergency, your life will be a reflection of this. You will be frustrated because you have practiced being frustrated.

Likewise, you can choose to practice other qualities—compassion, patience, kindness, humility and peace. You don't have to make your life into a big project where the goal is to be constantly improving. But it is helpful to be aware of your own habits. How do you spend your time? Are you cultivating habits that are helpful to your goals? Is what you say you want your life to

stand for consistent with what your life stands for? Ask yourself those questions and answer them honestly.

Do you think you don't have the time to do the things you want to do? Many people spend more time watching TV reruns or other activities they don't enjoy than making the time for the activities that will nurture their hearts. If you remember that what you practice you will become, you may begin choosing different types of activities to practice.

*Adapted from "Don't Sweat the Small Stuff-- and its all small stuff" by Richard Carlson, Ph. D.*

Home Economic Newsletter  
Escambia County Alabama

## A New Dilemma: Sales vs. State Taxes

(Starting this year -- and for 2004 and 2005 only, under current law -- you can deduct either your state and local income taxes or sales taxes on your federal return as long as you itemize (and don't fall prey to the AMT).

For those who live in states that levy sales taxes but not income taxes, such as Florida, Nevada and Texas, this is a huge boon. If you've been taking the standard deduction, this may be reason enough to itemize.

### What's tricky.

For residents of states with an income tax, the decision comes down to which deduction is bigger.

Fortunately, while you can use actual sales receipts to determine your write-off, you don't have to. The IRS has calculated how much you can deduct based on where you live, your income and your exemptions.

### How it works.

Consider a married couple with two kids who live in Baton Rouge and earn \$80,000. Their state and local income tax would be \$2,608, according to Justin Ransome, a senior manager in KPMG's private-client advisory services practice, while their state and local sales tax deduction would be just \$1,288. But if they bought a car for \$30,000, their sales tax would increase by \$2,523, pushing the deduction to \$3,811.

### Tax planning tip.

If your sales tax deduction is just below your income tax deduction, consider bunching major purchases into this year, then take the state sales tax deduction in 2005.



MONEY Magazine

## Gardener's Corner

Spring is on the way and it is time to get started with some outdoor activities. Most normal spring jobs will be altered to varying degrees as we continue hurricane recovery efforts.

### Give Plants Some Time to Recover

Our lawns, shrubs and herbaceous perennial flowers are battered and stressed, but don't count them out. Most plants are much more resilient than we give them credit for. Some are already showing signs of re-growth, while other species might require another month or two before showing signs of life.



## Some Trees' Survival Still on the Bubble

Our hurricane damaged trees are not "out of the woods" yet. Expect some latent symptoms to appear as hot weather approaches.

This is not meant to alarm, but based upon the amount of trauma to root systems, trunks and branches other damage will probably show forth with the passing of time.

We will simply have to wait and see how our trees are able to recover. There is no magic formula or special fertilizer that can be recommended. Supplemental irrigation within the root zone of affected trees might help. In the absence of sufficient rainfall apply one surface inch of water weekly.

### March Tips

- ♦ Prepare planting beds for annual flowers and vegetables. Add plenty of organic amendment such as peat, manure or compost. Till to incorporate with existing soil to a depth of six inches. Allow the beds to set undisturbed for about three weeks before planting.
- ♦ Large quantities of bedding plants will be available at garden centers this month. Choose dark green stocky plants and avoid any with dark spots on the leaves.
- ♦ Fertilize the lawn after green-up occurs.
- ♦ Check tender perennials that were killed to the ground and prune away dead tops.
- ♦ Prune dead branches from shrubs. Finish any necessary corrective pruning of crape-myrtles, hibiscus and other summer flowering shrubs.
- ♦ Delay the pruning of azalea, Spirea, Forsythia and other early flowering shrubs until after the flowering season is over.



♦ Fertilize shrubs and perennials once the danger of frost has passed.

### **"Harden Off" Vegetable Transplants for a Better Start**

Toughen container grown bedding plants before moving them to the garden. This can be accomplished by setting them outdoors and exposing them to cool (not cold) nights and gradually moving them from a shady location to direct sunlight over a one week period. Plants that have been "hardened off" tend to resist transplant shock and establish easier than those without such treatment.

Dan Mullins  
Horticulture Agent

### **Banana-Chip Oat Muffins**

**Prep: 25 min. Bake: 15 min.**

- 1 c. quick-cooking oats
- 3/4 c. all-purpose flour
- 3/4 c. whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/8 tsp. salt
- 2 Tbsp. butter, softened
- 1/2 c. packed brown sugar
- 3 medium ripe bananas, mashed
- 1 egg
- 2 Tbsp. unsweetened applesauce
- 1 tsp. vanilla extract
- 3/4 c. miniature semisweet chocolate chips

In a large bowl, combine the dry ingredients. In a small mixing bowl, beat butter and brown sugar until crumbly. Beat in the bananas, egg, applesauce and vanilla. Stir into dry ingredients just until moistened. Fold in chocolate chips.

Coat muffin cups with nonstick cooking spray or line with paper liners; fill three-fourths full. Bake at 350° for 15-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

**Yield:** 1 dozen.

**NUTRITION INFO:** 1 muffin equals 218 calories, 6 g fat (3 g saturated fat), 23 mg cholesterol, 174 mg sodium, 39 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 2 starch, 1/2 fruit, 1/2 fat.



## **Recipes**



### **Pasta Beef Soup**

**Prep/Total Time: 25 min.**

- 1 lb. ground beef
- 2 cans (14-1/2 oz. each) beef broth
- 1 pkg. (16 oz.) frozen pasta with broccoli, corn and carrots in garlic-seasoned sauce
- 1-1/2 c. tomato juice
- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 2 tsp. Italian seasoning
- 1/4 c. shredded Parmesan cheese, optional

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the broth, frozen pasta with vegetables, tomato juice, tomatoes and Italian seasoning; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Serve with Parmesan cheese if desired. **Yield:** 6 servings.

**NUTRITION INFO:** 253 calories, 9 g fat (4 g saturated)





## HCE NEWS



### **Leader Training/Council Meeting**

**March 4, 2005 - 9:30 AM**

**Extension Auditorium**

The topic for this month's leader training is "Holland's flowers and flower market." presented by Susan Haddock, horticulture technician.

After the meeting, we will have a covered dish luncheon.

### **NDI Tour**

**March 22, 2005 - 8:30 AM**

**Extension Auditorium**

We are setting up arrangements to have a tour of NDI, Inc. in Brewton, AL. They make flowers and plants.

We will meet at the Extension office and carpool to Brewton. We plan on having lunch after the tour.

### **Pace-Pearidge Yard Sale**

**March 12, 2005 - 7:00 AM-Noon**

**Pace-Pearidge Clubhouse**



### **Gardening From the Ground Up**

The UF/IFAS Santa Rosa County Cooperative Extension Office and the Santa Rosa County Master Gardeners Association are presenting their award winning program **Gulf Coast Gardening from the Ground UP!** at the Milton and Navarre Libraries in 2005. There will be one program each month, from January through October.

The programs will be presented on the third Thursday of each month at the Milton Library at 5541 Alabama Street at 6:30 PM. Registration for each class will open at 6:00 PM the day of the class. The same program will be presented at the Navarre Library at 8484 James M. Harvell Road on the third Saturday of the month at 10:00 AM. Registration will open at 9:00 AM the day of the class. Please note that the third Thursday and Saturday do not always occur in the same week of each month.

The schedule for the first four months of the program follows:

January - **"Pruning Woody Plants"** by Frank Larson, Santa Rosa County Master Gardeners Association (SRCMGA)

February - **"Tree Selection and Planting"** by Theresa Friday, Santa Rosa County Residential Horticultural Agent

March - **"Spring Vegetable Gardening"** by Jim Tolar, SRCMGA


April - **"Lawns"** by Theresa Friday

Each class is expected to last approximately two and one half hours, including a short break. Each class will be followed by a thirty minute Question and Answer period, as needed.



# March 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Leader Trng./ Council Mtg. 9:30 AM Extension Auditorium	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Skyliners Club Mtg. - 9:30 AM Beverly Norton Extension Auditorium	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Pace-Pearidge Yard Sale 7:00-Noon Pace-Pearidge Clubhouse
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Milton Club Meeting 9:30 AM - Extension Conference Rm. ----- St. Patrick's Day	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> NDI Tour 8:30 AM Extension Office	<b>23</b> Wallace Club Meeting 10:00 AM Wallace Clubhouse	<b>24</b> Pace-Pearidge Club Meeting 10:00 AM Pace-Pearidge Clubhouse	<b>25</b> Good Friday Office Closed	<b>26</b>
<b>27</b> Easter 	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 		

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.  
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Santa Rosa County

LKB:emt

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